

GET YOUR BELLEON
MADONNA'S EX
LAUNCHES NEW
WORKOUT (page 14)



COSTLY
SPLIT MIGHT RUN
COX \$50M
DISH (Dade 13)

CALGARY POLYCE TO THE SECOND S

Tuesday, October 26, 2010 www.metronews.ca



News worth sharing.



SHELBY BORYS/FOR ME

You can call him Mayor Nenshi

Naheed Nenshi took a vow to the people of Calgary to make himself accountable in council, as Calgary's 36th mayor was sworn in yesterday.

Will California legalize it?

Pot laws could go up in smoke if Prop 19 passes {page 6}

King James' court eyes title

New-look Heat among favourites as NBA season tips off {page 19}

Crash kills 1, injures 4

Twin-engine King Air 100 was on its way from Edmonton airport to Kirby Lake, southeast of Conklin

Eight passengers and two crew were aboard

One person was killed and four others were seriously injured yesterday when a plane carrying oil industry workers crash-landed in the muskeg of remote northeastern Alberta.

"The plane performed a crash landing while attempting to land at the airstrip," said RCMP Sgt. Tim Taniguchi. "The Transportation Safety Board will have to conduct an investigation."

The crash, signalled by the plane's emergency beacon, touched off a rescue that involved emergency personnel from Conklin and Fort McMurray, as well as military search and rescue from as far away as Winnipeg and a helicopter ambulance from Edmonton. Emergency crews from a nearby Cenovus Energy plant also responded to the scene.

Two of the seriously injured were airlifted to Fort McMurray and two to Edmonton. The rest were treated at the scene and were to be taken back to Edmonton.

Capt. Wayne Sinker, with the military's Rescue Co-ordination Centre,

Details

An early report from Transport Canada said the aircraft is owned by Kenn Borek Air.

- ▶ Passengers were BP employes Initial reports from military search and rescue indicated the passengers were employees of Canadian Natural Resources Ltd., but a BP Canada spokeswoman confirmed later yesterday that the passengers were their employees.
- Routine trip Melanie Ostopowich said the seven BP Canada employees and a contractor were travelling to the area as part of a regular crew change at a BP natural gas operation

said freezing rain initially hampered rescue efforts.

"The weather was not good there and it didn't look good for getting helicopters in — freezing rain and that sort of thing. But it did pick up," Sinker said.

ROBERTSON COLLEGE

LOVE TO TRAVEL?

turn it into a rewarding career - W.W.W., ST/ARITYO,UR.GARIEER, GA

300-417 14TH STREET NW CALGARY AB | T2N 2A1 | | 403.920.0070 | | | | 865.920.0070



Committee member selection to begin

Following last night's swearing-in ceremony, city council will begin to appoint council members to committees today.

According to a city spokesperson, aldermen mark down their preferences for which committees they would like to be on.

From there, a nomination committee makes recommendations for council to adopt.

Each committee appoints a chair and vicechair. metro



76 charges in home invasions

Six people are now facing a total of 76 charges in relation to four home invasions that have taken place over the last three months.

Police are continuing to investigate the incidents to determine if they are connected.

The home invasions in question took place from July 9 to Oct. 8 and in one case, residents were threatened with a firearm.

Among the alleged offenders were a 15-yearold male and a 17-year-old male who were charged with nine and 10 offences, respectively.

METRO



Council sworn in at city hall

Hundreds filled the atrium and council chambers at city hall last night • Five new aldermen and nine returning aldermen took the oath of office



Cheers greeted Calgary's council members as they walked into the council chambers last night for the swearing-in ceremony.

Before administering the oath of office to her brother, Shaheen Nenshi Nathoo spoke of how proud she and her family are.
"Today is a very signifi-

Nenshi

When speaking to the crowd, Mayor Naheed Nenshi told the room: "We cannot let you down, we will not let you down."

cant and momentous day for our family," said Nathoo. "I'm so very proud of you and I'm so proud of Calgarians for the choice they have made."
While the night was

"Hold us to account ... tell us when our priorities are not your priorities. Get engaged and stay engaged," he said.

filled with excitement, the reality of what lies ahead quickly set in for the new mayor.

"We have in this city something that any other city would kill for and that

is a deeply engaged population, and we have to make sure that we don't abuse that," said Nenshi.

For Ward 9 Ald. Gian-Carlo Carra, a newcomer to council, the task is a bit daunting.

"It's amazingly exciting but it's also sobering because I made a lot of promises and now I'm beholden to keep (them) ... I'm looking forward to that but it's major challenge," he





- Use the ScanLife application on your smartphone to scan 2D
- The codes will direct your mobile m.metronews.ca

On the web at metronews.ca

Tour the **Government of** Canada Gift Bank, a one-stop gift shop for foreign dignitaries. More at metronews.ca



Replacement **Value \$19.500** Jewellers Since 1919

BRESLAUER & WARREN

Layaway for Christmas

Subject to prior sale

141 - 6 Ave SW 403.252.9048 www.breslauerwarren.com

Flu clinics 'different' this year: **Officials**

Alberta Health Services have learned their lesson from last year chaos and this year's flu clinics are running smoother than

ever. "It is a different situa-

tion this year," said Dr. Judy MacDonald, medical officer of health, Al-

berta Health Services. "Although we have not seen a lot of influenza this year, we know it

About 75,000 people in the Calgary area have already been vaccinated for influenza and this year's compared with about 48,000 during the same time last year despite the massive lineups at city clinics.

CANDICE WARD

Alta. joins tobacco lawsuit

Alberta is joining other provinces suing tobacco companies to help pay some of the health costs of caring for smokers.

Justice Minister Alison Redford says Alberta will join B.C., New Brunswick and Ontario in the suit. Redford says smoking causes some of the most expensive illnesses to treat, including heart disease. THE CANADIAN PRESS

Strathmore RCMP ID body found by hunters

Strathmore RCMP are investigating the death of a man whose body was discovered by hunters on Oct.

Const. Keith Anderson said they are waiting for the results of the autopsy but have positively identified the man, who is in his late forties

METRO

Police bust man for steroid trafficking



Police seize steroids in vials, pill form Officer says drugs could have come from a variety of places

Police have arrested a Calgary man for allegedly trafficking steroids.

Jordan James Cutts, 36, has been charged after police executed warrants on Oct. 22 at a residence in the 0-100 block of Auburn Glen Circle SE and on a ve-

In the car, officers found anabolic steroids with an estimated street value of \$50,000, as well as \$91,000 in cash.

"We identified one individual responsible for trafficking and that's the person we targeted," said Staff Sgt. Dale Ruzycki of the drug unit.

Ruzycki said the investigation began a month ago after front-line officers alerted the drug unit.

"One of the risks associ-

Drugs

- Possession and use of steroids is not illegal, but trafficking is, said Staff Sgt. Dale Ruzycki.
- Ruzvcki said those seeking steroids should be tested by a doctor.
- Among the drugs seized were dianabol, anadrol and testosterone

ated with individuals using steroids like this is, it's held out to be a certain type of steroid. But you really don't know that, in fact, that's what's contained within that bottle, because it's shipped here and it's being sold by a person who's not a medical doctor." @ KATIE TURNER

There's a reason they're called "Guaranteed" Investment Certificates.

Protect your money with a BMO high-rate GIC.

Get guaranteed interest for 3 years when investing \$1,000 to \$20,000. Feel confident knowing that your investments are going to grow. Invest in a BMO° high-rate GIC° today. It's one way to keep more of your money.

For more ways to make sense of saving and investing follow BMO SmartSteps® for Investing. Just visit a branch and talk to a BMO investment professional today. For more info, call 1-877-CALL BMO or visit bmo.com/smartinvesting

2.3% interest rate



Making money make sense®



City urges Carpool Week for commuters

Calgary's eighth year participating in Carpool Week
 Carpoolers bumped to top of list for parking spots



As the snow starts to fly in the city, it may be the perfect time to get a few more cars off Calgary's already over-crowded roads.

From Oct. 25 to 29, the City of Calgary is urging drivers to save some money while saving the environment and participate in Carpool Week.

"Carpooling does not require a large commitment," said Anne Marie Thornton, spokeswoman for Carpool.ca.

\$12K is the amount the average Canadian household spends on transportation alone.

Thornton said other than the obvious environmental benefits, the financial benefits should give people the push to share the ride.

For some Calgary commuters, carpooling is actually more convenient.

City worker Jennifer Quan has been carpooling to work for the past two years and it has saved her money and time.

"It is a little inconvenient but we make it work," said Ouan.

She estimates she saves more than \$100 per month but saves up to 30 minutes each day by driving instead of taking transit from her Country Hills residence to downtown.

Others looking to save a few more dollars and decrease their greenhouse gas emissions can check out the new updated carpool.ca site, with more than 11,000 registrants.

FILMING

Mayhem ad comes to town

Mayhem is about to hit Inglewood. American insurance

giant Allstate Insurance will be rolling into town tomorrow with Hollywood actor Dean Winters to film one of their popular Mayhem is Everywhere

commercials and the Inglewood Business Associ-

ation could not be more thrilled.

"This will help (Inglewood) get quite a bit of notoriety," said Brian Imeson, president of the Inglewood BRZ.

One of the locations the commercial is set to film at is a vacant lot on the corner of 9th Avenue and 13 Street and production crews have promised to leave the site cleaner than when they started filming there.

The second location for the shoot will take place near the Hose and Hound Pub.

CANDICE WARI

MLA has reaction to peanuts

Minister of Infrastructure Ray Danyluk was taken to hospital yesterday after suffering an allergic reaction to peanuts. Danyluk was in a meeting with Health Minister Gene Zwozdesky when he went into anaphylactic shock and was transported to hospital by ambulance.

According to a spokesperson, Danyluk is "doing fine." • METRO





Bangkok hosts tattoo festival

Thousands of tattoo fans gathered to see the work of dozens of international tattoo artists and share their common love of body art. The event brought together artists from Asia, Europe and America and showcased body art from different cultures.

California puts weed to a vote

♠ Move to legalize marijuana comes as study shows laws target blacks ♠ ACLU pushes for Prop 19's passage

The state of California could vote next week to legalize, regulate and tax marijuana, a move that some suggest could not only blaze a trail for more liberal weed laws across the country but also obliterate a longtime racial injustice.

A recent study found

A recent study found that from 2006 to 2008, police in 25 of the state's major cities arrested blacks at four to 12 times the rate of whites. That's despite several federal government studies that suggest fewer African-Americans smoke \$100,000 Facebook co-founder Sean Parker recently contributed \$100,000 US to the campaign for Proposition 19.

marijuana than whites.

The study, conducted by the California chapter of the National Association for the Advancement of Colored People (NAACP) and the pro-legalization group, Drug Policy Alliance, concluded that marijuana arrests are racially biased because police focus on high-crime, low-income neighbourhoods often populated by African-Americans.

Such revelations have prompted the American Civil Liberties Union to push for passage of Proposition 19, a measure that would make it legal for any Californian over the age of 21 to possess an ounce, or 28 grams, of marijuana.

THE CANADIAN PRESS

Afghanistan gets cash from Iran, U.S.: Karzai

Afghan President Hamid Karzai said yesterday that once or twice a year, Iran gives his office \$700,000 to \$975,000 for official presidential expenses and that Washington also provides "bags of money" because his office lacks funds.

Karzai's comments come a day after the New York Times reported that Iran was giving bags of cash to the president's chief of staff, Umar Daudzai, to buy his loyalty and promote Iranian interests in Afghanistan.

The Times quoted unnamed sources as saying the cash amounted to a slush fund that Karzai and Daudzai had used to pay Afghan lawmakers, tribal elders — and even Taliban commanders — to secure their loyalty.

Karzai told reporters yesterday that he had instruct-



ed Daudzai, a former ambassador to Iran, to accept the money from Tehran.

He added that several nations have given money to his office — the first being the United Arab Emirates, which provided \$1.5 million nine years ago when Afghanistan's interim government was formed.

THE ASSOCIATED PRESS

Currying favour

Karzai did not offer details about how the money was spent, saying only that it was used to "help the presidential office" and to "dispense assistance" to certain individuals.

- Karzai said this was not hidden. "We are grateful for the Iranians' help in this regard. The United States is doing the same thing. They are providing cash to some of our offices."
- In Washington Pentagon press secretary Geoff Morrell said he was not surprised that Karzai's office was receiving money from Iran, which he said was playing a destabilizing role in Afghanistan and "walking both sides of the street."

Cholera risk calms: Officials

A cholera outbreak that has killed more than 250 people in rural Haiti is stabilizing, health officials said yesterday, as aid groups and the government race to prevent it from spreading to the capital's squalid camps of earthquake survivors.

The outbreak was expected to continue spreading, but aid groups and the government said a drop in the death rate and the number of new cases suggested it could progress more gradually than feared.

THE ASSOCIATED PRESS

Military to review use of firm

The Canadian military has acknowledged using an unlicensed private security firm to guard one of its forward operating bases.

Task Force Kandahar conducted a review of its private security contracts following a decree earlier this year by Afghan President Hamid Karzai banning most firms from operating in the country after Dec. 17.

Lt.- Col. Tim Marcella says the military is working with the company to get it registered ahead of the deadline, which would allow it to keep operating.

THE CANADIAN DRESS

Instructor faces death penalty

Jury selection began yesterday in the trial of a karate instructor charged with leading a group of armed men dressed as ninjas in robbing the home of a wealthy couple and killing the pair as their nine special-needs children cowered or slept nearby.

Leonard Patrick Gonzalez Jr., 36, could get the death penalty if convicted of organizing the break-in at Byrd and Melanie Billings' home in a rural area near Pensacola on the night of July 9, 2009. Jury selection is expected to take about two days.



SALES LAUNCH COMING THIS FALL

Register at

EvanstonSquare.com or

Contact us at: 403.452.3620







Muddy magic

Today's photo of the day is by Canadian Shaun Simpson and was submitted in the Emotions category. The photo is titled: The Porcelain People I. Enter your photos today and view more pictures at metrophotochallenge.ca.



Hiccup girl charged after fatal robbery

▶ Police allege Mee, now 19, lured a man to a vacant home, where her friends stole less than \$50 and shot him

An uncontrollable case of the hiccups brought an odd sort of fame to Jennifer Mee, who was 15 when she appeared on television morning shows trying to find a cure for her mysterious affliction.

Five weeks later they stopped and the media attention mostly disappeared — until this week, when Mee, now 19, was charged with first-degree murder after police allege she met a 22-year-old man online and lured him to a vacant home where two of her friends robbed and shot him.

Mee's journey into the



spotight began in January 2007, at Northeast High School in St. Petersburg. That's when Mee got the hiccups and spent five hours in the nurse's office.

Her unusual condition landed her on NBC's Today Show. But her life seemed to fall into disarray when the hiccups stopped five weeks after they started. She ran away from home twice and her family has sued a hiccup cure company for allegedly using her image without permission.

"Tve said for a while now, her case of the hiccups ... was a curse of the hiccups," Mee's mother, Rachel Robidoux, told 93.3 WFLZ in Tampa yesterday. THE ASSOCIATED PRESS

AIDS AWARENESS

Church giving out condoms

A Catholic church in the central Swiss city of Lucerne has sparked controversy among believers with an AIDS-awareness campaign that involves distributing to teenagers condoms bearing the slogan "protect thy neighbour as thyself."

The church plans to hand out 3,000 condoms as part of an effort to engage young people turned off by the Vatican's long-standing opposition to the use of condoms.

Spokesman Florian Flohr says the campaign has drawn mostly positive reactions but some Catholics have expressed concern.

Officials at the diocese of Basel didn't immediately respond Monday to requests for comment. A spokesman in the neighbouring diocese of Chur was quoted by Swiss television SF1 describing the condom campaign as "a mistake."

THE ASSOCIATED PRESS

N.J. gets tough on bullying

New Jersey lawmakers have introduced a bill to toughen the state's anti-bullying laws after the widely publicized suicide of a Rutgers University student.

University student.

The "anti-bullying bill of rights" targets public schools and colleges, and would require school districts to establish antibullying programs and require training for staff in suicide prevention.

THE ASSOCIATED PRESS



Slow economic recovery a worry: Flaherty

Countries in G20 aim to stop currency devaluations
 G20 represents about 85% of the global economy

Finance Minister Jim Flaherty says Canada is apprehensive about the slowing and uneven pace of global recovery despite having weathered the recession relatively well.

He says it's essential the G20 follow through in implementing its package of global reforms and work hard to ensure the world economy remains on "a sustainable path."

Flaherty also warned that demand in advanced economies is expected to be subdued as consumer and investor confidence remains weak due to rising unemployment, uncertainty in financial markets and concerns over fiscal sustainability.

Who's in it:

The G20 is made up of a wide range of countries at various stages of development.

- G7 members Besides the U.S., the G7 includes the other members of the Group of Seven advanced nations, the traditional drivers of the global economy.
- New heavyweights Fastrising China, India and Brazil, as well as traditional global political heavyweight Russia, are members, as are major commodity producers Saudi Arabia and Australia.

On Saturday, the G20 countries vowed to avoid potentially debilitating currency devaluations, aiming to quell trade tensions that could threaten the global recovery.

The agreement came amid fears that countries were on the verge of a so-called currency war in which they would devalue currencies to gain an export advantage over competitors — causing a rise in protectionism and damaging the global economy.

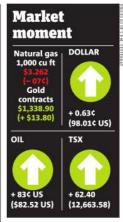
The agreement, though vague on enforcement and long on promises, was hailed by officials and analysts as a step forward in defusing tensions.

THE CANADIAN PRESS



Teslas hit Tokyo

Tesla, the U.S. maker of electric sportscars, opened its first Asian showroom yesterday in a fashionable Tokyo neighbourhood, hoping to woo rich buyers before eventually widening its appeal with cheaper models.





For more business news, visit us online at metronews.ca/ business

Ready to retire?

Noted academic Jack Mintz from the University of Calgary says some enhancement of the Canada Pension Plan would make up for companies abandoning defined-benefit plans. A consensus on how to reform Canada's retirementincome system is solidifying around the idea of expanding the Canada Pension Plan.

A new research paper by expert Jonathan Kesselman at Simon Fraser University looks at many options on the table and concludes that a bigger CPP — with a mandatory increase in premiums as well as benefits — is the best choice.

The federal government and many of the provinces are heading slowly in that direction.

THE CANADIAN PRESS





From here.
To career.

The Shortest Path To A Business Career

- * Train today for:
 - · Accounting & Payroll Admin
 - Computer Graphic Design
 - Office Administration
 - Accounting Technician
 - · Business Admin / E-Commerce
 - Oil & Gas Administration
- Most programs are 1 Year or less
- Multiple start dates mean you can start working toward your career as soon as you're ready

Step into the career you've been dreaming of. Call today.



FRIGHTENING COSTUME CLICHÉS TO AVOID



Halloween is one of those annual events I just love to hate.

very year, I experience a childlike excitement as I indulge in not-so-sinful bite-sized chocolate bars and watch homemade haunted houses sprout up on lawns around my neighbourhood. But my delight in all the tacky accoutrements of this devilish day is always offset by the horror of heinous costume crimes on the night of the 31st.

Dress-up offences usually come in three forms: Animals in costume; racially charged characters; and the slutty nurse.

First of all, please stop forcing your pets into obnoxious critter costumes. Your extremely co-operative cats and dogs are not amused and you're only embarrassing yourself. I cringe every time I see a poor creature outfitted in some sort of "adorable" Halloween outfit. Next time

you're bored at work, do a quick Google image search on "Why dogs hate Halloween" and you'll see what I'm talking about.

Next up, the tricky terrain of playing race-card dress-up. Here is a simple rule of thumb for all of

you considering a costume that involves a change in ethnicity: Don't do it. Just because it's Halloween doesn't make it excusable. No matter how hilarious you think your version of Old Spice Guy will be, you are going to offend someone. Blackface is never a good idea.

And finally, the worst costume offence of them all —

"When did we

get together and

decide that from

age 16 onwards

all female

costumes

have to be

promiscuous?"

the slutty nurse. Of course, by "slutty nurse" I really mean the slutty cat, slutty pirate, slutty cop and all the other frighteningly revealing outfits that have become such an unavoidable part of Halloween.

Did I miss something? When did we get together and decide

that from age 16 onwards all female costumes have to be promiscuous?

Every year, no matter how you choose to celebrate this

spook-tacular day, you will inevitably encounter a group of creepy guys in store-bought costumes ogling nearly naked cowgirls and sexy sailors.

Not only are these over-sexed ensembles predictable and unimaginative — they're also seriously impractical. Guess what ladies? We live in Canada. The average late October nighttime temperature usually hovers around the freezing mark. It's too cold to go outside wearing a barely there leotard and animal ears.

I'm begging you, stop putting the trick in trick or treat and dream up an original costume for a change.



Read more of Jessica Napier's columns at metronews.ca/shesays

Cartoon

MICHAEL DE ADDE

Call the fashion police

IF VETERANS AFFAIRS WAS ON THE BEACH ON D-DAY: SORRY.

Worth mentioning

Just how mini can a miniskirt be?

The mayor of a small Italian town wants law enforcement officials, and not fashion gurus, to be the ones to decide.

The mayor of the southern seaside town of Castellammare di Stabia got his way yesterday when city council approved a ban on football games in public parks and squares, blasphemy out loud, and "very skimpy clothes," the ANSA news agency reported.

Conservative Mayor Luigi Bobbio said miniskirts and other provocative outfits will still be allowed as long as



they are not too revealing.
"It's a matter of
common sense, of
common decency," he told

The Associated Press.
A handful of local female politicians protested in front of the town's city hall during yesterday's vote, but few, if any, wore miniskirts.

The measures also include a ban on playing

football in public spaces
— Bobbio says these
games often turn into
fights — sunbathing or
undressing in town, blasphemy and foul language
in general. Men cannot go
around shirtless, the rules
say

Violations can be punished with a fine of up to \$700 US.

THE CANADIAN PRESS

What's your favourite
Halloween costume?
Email calgaryletters
@metronews.ca
Twitter
@metrocalgary

Metro has the right to edit letters and submissions.

metr⊕

METRO CALGARY • Unit 120, 3030 - 3 Avenue NE, Calgary, AB T2A 6T7 • T: 403-444-0136 • Fax: 403-539-4940 Advertising: 403-444-0136 • adinfocalgary. € metronews.ca

calgary_distribution@metronews.ca
 Publisher Steve Shrout, Managing Editor Darren Krause, Ad-

Publisher Steve Shrout, Managing Editor Darren Krause, Advertising Sales Manager Chris Mackie, Distribution Manager Dave Mak

METRO CANADA: Group Publisher Bill McDonald, Editor-in-Chief Charlotte Empey, Associate Managing Editor Tarin Elbert, Scene/Life Editor Dean Lisk, Asst Managing Editor Amber Shortt, Art Director Laila Hakim, Nat'l Sales Director Peter Bartrem, Interactive/Marketing Director Jodi Brown

Metro Minute with Robert Bateman

If you've got a few minutes to spare today, head over to the Calgary Public Library to see one of Canada's most famous painters.

WordFest is presenting Robert Bateman at the Central Library (616 Macleod Trail SE) beginning today at 7 p.m. in the John Dutton Theatre.

Bateman will be shar-

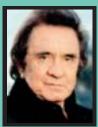
ing his new book Bateman: New Works, as well as giving insight into is artwork. Tickets are \$12 in advance or \$15 at the door and can be purchased by calling WordFest at 403-237-9068.

WordFest is also presenting author Romeo Dallaire Nov. 8 in the John Dutton Theatre.

KATIE TURNE



scene

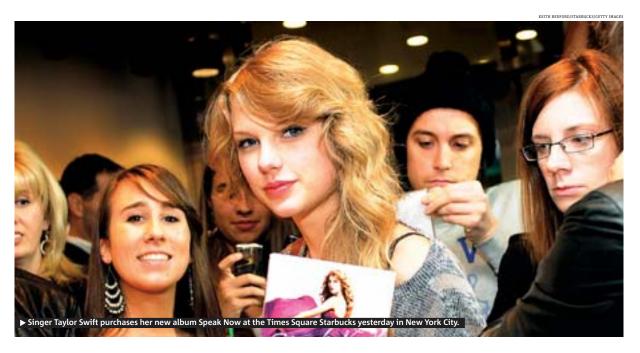


The man in black will be bringing in some green when Johnny Cash's guitars, costumes, handwritten lyrics and personal belongings go on the auction block.

The embroidered blue jumpsuit Cash wore to rehearse for his infamous performance at San Quentin State Prison is expected to fetch \$3,000 to \$5,000. Also up for sale are vintage guitars, a harmonica, Cash's passport and briefcase, and handwritten lyrics, notes and poems.

THE ASSOCIATED PRESS





Breaking up is hard to do



Taylor Swift is the first to admit she's grown up a lot in the past few years.

When she was still a high school student, Swift was more reckless in her relationships.

You can hear it in songs like Fifteen where she's eager to find love, jumping in head first without looking back. You can see it in the title of her second album — Fearless.

But now, at 20, she's more cautious — careful.

"As you experience love, as you experience more re-

lationships, you start to realize that sometimes, most times actually, love ends in goodbye," the singer-songwriter says about the songs from her third CD, Speak Now.

"Love ends in pain and hurt, whether you've gone through it, or you see your parents go through it or you see your family and friends go through it," she says. "Every time there's an

"Every time there's an argument or an issue in that new relationship we have those ghosts pop up in our rear view mirror of all the times love hasn't worked out before. (The song) Mine is about ... if

you want to overcome all that, if you want to make a relationship work, you have to block out those ghosts in the rear view mirror and those voices saying this is going to end like all the rest of them did."

Swift is on the phone from Nashville, where she's undergoing an endless stream of 10-minute interviews in the carefully orchestrated buildup to release of Speak Now, which hit record stores across the continent yesterday.

She's chatty and, at times, playful. Her answers are well thoughtout, spoken in complete sentences. She's opening up her deepest feelings to a complete stranger, but still guarded about the details.

All her fans seem to be aware of her past love interests, which include pop rocker Joe Jonas and Twilight actor Taylor Lautner. But still, she won't attach names to the songs. She's being careful.

The toughest track for Swift to write was Innocent.

It's about Kanye West, the bad boy rapper who humiliated Swift at the 2009 MTV Video Music Awards by interrupting her acceptance speech. "You've made a rebel out of a careless man's careful daughter" FROM TAYLOR SWIFT'S LATEST HIT SINGLE MINE

"There are some songs that take 30 minutes to write and there are some songs that take six months to write," she explains.

"When things really intensely affect me emotionally, sometimes knowing what to think, knowing what to say, and knowing how to feel take a very long time to determine."







▶ Band's video for White Knuckles seen by millions ▶ It took 124 attempts, with a mix of human and animal error causing lost takes Aim is to have basic activities going in sync

OK Go has gone and done it: it turned the band's White Knuckles video into a dog fest of a YouTube sensation, and with a little help from a goat. The video received a mil-

lion hits in a day after it debuted on The Ellen DeGeneres Show and was posted online Sept. 20.

Sure, the band's popular, but this time it owes a debt to Riot, Spike, Justice, Jury, Sequel, Zuni, Kash, Bunny, Peanut, Tin Tin, Kobie and Dazzle And Ranger, a feisty goat who makes a cameo pulling at a leash in the 3½ minutes of bouncy music, frantic stacking of plastic buckets and canine tricks.

Fame came faster for White Knuckles than OK Grammy-winning Go's Here It Goes Again treadmill video, which has over 50 million hits in five years, said Bobbie Gale, the band's publicist.

Playing stagehands to the dogs are the band's Damian Kulash, Tim Nordwind, Dan Konopka and Andy Ross. Dressed in white from head to toe, they sing White Knuckles from their album Of the Blue Colour of the Sky as they twirl dogs in chairs and hoist them on planks, tables and into movable cubby holes by twos and threes. The band didn't want a bunch of stupid pet

tricks or one amazing dog, but a lot of dogs doing basic things together, said Ku-lash, the guitarist and lead singer.

You take any two simple things and make them move in sync and suddenly they have personality. Something comes out of it. There is a gut emotional response to having things moving that way," he said. OK Go should know.

The backyard, treadmill and anim animal ographed by Trish Sie, Kulash's sister. She and the band won a best short

form music video Grammy as co-directors of the treadmill piece. Before a

performance at MTV's Video Music Awards, saving, 'What has happened? What universe are we in?' But it begged the question, what are we going to do now?" Sie said.

That was the night they decided whatever it was, it would involve dogs. When the time came, she said the dogs were the biggest challenge and the greatest redon't ward. "Dogs understand the concept of a beat or an eight-count. It's all one big game to them," Sie said.

For example, Kobie does a high five in the video,

she

said. "The problem was getting him to do it just once. He would run out and do it 20 times." They couldn't change his behaviour so they had to change their timing, she said.

blueprint was The drawn up a year ago during two weeks spent

around a table in a Los Angeles warehouse. The band and Sie met with Lauren Henry and Roland Sonnenburg of Talented Animals, playing with dogs and brainstorming. They decided to shoot in Corvallis. Ore., because Talented Animals has an office there, dogs and trainers were available and they had do-

nated warehouse space. Kulash's own pet, a brown dog named Bunny, mixed it up with the four-pawed pros.

The dogs underwent two weeks of training. In the warehouse, humans used stuffed ani-mals to re-hearse. They built tables stuffed

furniand ture, painted five-centimetre-by-20centimetre and Italy. (two-inch-byeight-inch) and boards

reography included the trainers moving around the room to guide the dogs through each trick with hand or voice signals, clickers, toys

practised bucket

building. The cho-

and treats. THE ASSOCIATED PRESS

Scissor Sisters cancel **Euro** tour dates

Glam pop band Scissor Sisters says it is cancelling tour dates in Europe due to "funding

The New York-based quintet says it "has become impossible to make the tour work financially."
The band said in a

statement posted on its website Monday that it was "very disappointed, but it is beyond anyone's control." The band didn't elaborate.

Refunds will be made for the nine shows in Denmark, Germany, the Netherlands, France, Luxembourg, Switzerland

Their gigs in Britain are not affected.

The Scissor Sisters have become international stars with millions of records sold. Their debut album was released in 2004 and sold over 2.5 million copies, making it the biggest-selling album of the year.

THE ASSOCIATED PRESS



WEEKEND CAR RENTALS^{*}

Secondary prizes include advance passes to the screening of **DUE DATE**

Visit clubmetro.com and answer the question below for your chance to WIN!

WHAT IS THE NAME OF THE CHARACTER ZACH GALIFIANAKIS PLAYS IN DUE DATE?

*Some restrictions may apply. To register and for full contest details visit clubmetro.com

DVD Releases this week

Buy it **B** Don't bother @ | Yawn ⊕⊕

COURTESY OF

nterprise

Teasing at its best

Les Amours imaginaires (Heartbeats)

Genre: Drama Director: Xavier Dolan Stars: Xavier Dolan, Monia Chokri, Niels Schneider **@@@@**½

Advance word on Heartbeats, the sophomore feature from Quebec wunderkind Xavier Dolan (J'ai tué ma mere), had it as a ménage à trois between Dolan's character Francis and friends Marie (Chokri) and Nicolas (Schneider).

This is a tease, but then so is the movie, in the best possible sense. It is true that Francis, Marie and Nicolas are never far from a bed, but the permutations of their passion take many forms that don't always add up to three

Longtime pals Francis and Marie fall under the spell of Nicolas, a curly



blond Adonis type, whom they spot at a luncheon and wrongly assume to be something of a yokel. Nicolas is from the

country and grins readily at many jokes, while Francis, who is gay, and Marie, who is straight, are sophisticated cynics from Montreal. It's not long, though, before both Francis and Marie are imagining themselves entangled with Nicolas, who is far shrewder and more calculating than he appears. He remains an obscure object of desire, making

everyone guess as to what gets him off. Francis and Marie become increasingly determined to command his attention. marking time with onenighters with other lovers who leave them unfulfilled and longing for Nicolas even more With Heartbeats, Dolan defies cardiac arrest.

PETER HOWELL

The Girl Who Played With Fire

Genre: Drama Director: Daniel Alfredson Stars: Noomi Rapace, Michael Nyqvist, Annika Hallin, Per Oscarsson **@@@**

As often happens midway through dramatic trilogies, the story sags and the violence gets ramped up, as preparations are made for the grand finale.

It's no different with The Girl Who Played With

Fire, the second film adaptation of Stieg Larsson's Millennium Trilogy.

Noomi Rapace returns as Lisbeth Salander, and she's teamed again with

investigative reporter Mikael Blomkvist (Michael Nyqvist). Salander is on the lam,

framed for three murders that Blomkvist knows she didn't commit. An international sex-for-hire ring and a hulking villain straight out of a 007 film add further complications.

Director Daniel Alfredson made this for Swedish TV, and it shows. The grainy digital look suggests an impoverished budget. PETER HOWELL

Winter's Bone Genre: Drama Director: Debra Granik Stars: Jennifer Lawrence, John Hawkes

There are questions you don't ask and mysteries vou don't try to solve in the Ozark Mountains hamlet where 17-year-old Ree Dolly (Jennifer Lawrence) lives with her impoverished family.

Failure to heed these

rules, as we learn almost by intuition in Debra Granik's forlorn antithriller, could get you beaten, or worse. But Ree needs to know what happened to her missing father. Winter's Bone, this year's Grand Jury Prize winner at Sundance, confirms Granik's affinity for difficult subjects and her knack for spotting new talent.

The film's dialogue is so



sparse and the plot is so lean, it requires acting of exemplary strength. The cast delivers in spades. O PETER HOWELL

Divorce might cost Courteney \$50 million

○ Cox-Arquette's fortune estimated at \$100M ○ Arquette likely to see half of that • Couple separated at the moment but divorce filling expected

Courteney Cox and David Arquette decided to go all the way and get a divorce, it could end up costing Cox up to \$50 million, according to the National Enquirer.

"David is going to hit Courteney where it hurts the most - her pocketbook," a source says. "I think he will file divorce papers shortly, and that's when things will get ugly. I believe David will go for half of their \$100 million fortune.

METRO



Playboy wants Mel's ex

Playboy is reportedly desperate to get Mel Gibson's ex-girlfriend, Oksana Grigorieva, to strip down for its next issue, according to

Sources say the magazine is offering the Russian singer up to \$75,000 and would put her on the cover if she'd participate. There's been no word on whether Grigorieva is considering the

Cowell and fiancée taking a 'break'

Simon Cowell and fiancée Mezhgan Hussainy are reportedly taking a "break" to deal with their rocky relationship, according to the Mail on Sunday, and Cowell's mother thinks that's exactly what they

need.
"I think (the engagement) was too quick. This might give them the break they need to think it through," Julie Cowell tells the newspaper.

"At the moment it isn't a good idea for her to be here. She doesn't know many people in London. If you are Simon's girlfriend, let's be honest about this, you are not going to see very much of him. It's very difficult for a girl to accept that.'





Brand buys Perry a tigress

While friends and family were likely showering Katy Perry with gifts for her Indian wedding over the weekend, it was new husband Russell Brand, appropriately, who reportedly stole the show.

After the wedding,

Brand purchased a tigress

that lives in the Ranthambore National Park in northern India, according to One India.

The tigress will remain in India, but Brand will provide for its looking after on behalf of his new wife.

METRO

Celebrity tweets



[@SteveM artinToGol Day off on

Monday; hoping to get a 24 flu. Would be so convenient, and give me something to



Paris Hilton [@Paris Hilton So excited for Hal-





Fisher [@CarrieFFisher] Thank you guys so

Carrie

much for helping me turn 54. I couldn't have done it alone. I don't look a day

Get up to 90%

New Deals Every Week on Local Restaurants, Events, Spas, & More!

www.clygit.com



(that's "click-it"!)









Konnyaku jelly Derived from the kon-nyaku potato, the jelly is a top health food in Japan. Low in calories, it has been found to clear the digestive track



of toxins.

Wrinkles These glasses fight off

the formation of wrin-kles. The Mejikara antiwrinkle glasses have been designed to prevent crow's feet. Available at: japantrendshop.com





The body bible

Carlos Leon (yes, father to Lourdes, ex of Madonna ...) and Jeff Bell launch Belleon • It's a full body workout that's more than a few twists and jumps, it's a body bible.



Belleon Basics

Belleon is designed as a basic one-hour circuits class followed by a series of exercises that work your entire core

Leon and Bell take you through a six-week total body conditioning training that sees intensity increase each time.

Every week, more circuits are added as your fitness level, endurance and ability improves whereas cardiovascular extra moves are added in order to keep the heart rate high and enable fat burn. More of an urban boot camp, this is and idea for people with no time and that need to squeeze their



workouts into bursts

Belleon Body

Bell and Leon want to reintroduce you to your

"Once you realize working out makes you feel betbody becomes a life-long commitment," says Leon. Their lean, muscular

physique is the living

proof their method works for both men and women.

"We chisel people into shape. Their muscles become tighter, leaner, more toned and their heart rate increases facilitating fat

All of this is done with-out bulking you up. Working out is the big-

ger picture to a happier, healthier you, so eat right,

Challenges

- Connecting with your body as one unit
- Using your own body weight for squats, lunges, press and push-ups
- Endurance achieved via circuit training C
- Increasing your flexibility in order to increasing your rage of movement

stay healthy and keep a clear mind.

Belleon nutrition

People that exercise require proper nutrition explains Leon.

"Don't think that because you are training for a marathon, you can afford to eat three plates of pasta with cream cheese. No. If

you are working towards a leaner body, you need to allow your muscles to recover. A protein and whole food rich diet that including nuts, fish, tofu, eggs, raw vegetables, healthy fats and a boost of anti oxidants is ideal. Just sat away from simple sugar."

Belleon results

In just six weeks, Belleon gets you in better mental

and physical shape.
The benefits? Weight loss, increased work out capacity alongside improved agility, balance and core strength, overall well-being, a sense of calm and lowered stress levels.

As the mind and the body come together, the body eventually surpasses what the mind believes are its limits



TO RELIEVE YOUR STRESS, DEPRESSION, INSOMNIA, PAIN, FATIGUE AND MORE... INSURANCE COVERED.

Consultations are FREE!!!



CALL: (403) 284-5366

LOCATED: BAY 4, 2111 CENTRE ST NW, CALGARY, T2E 2T2 WWW.JENNYSACUPUNCTURE.COM





Early warning for obese kids

• Blood vessel stiffness in obese kids a red flag for future heart disease More than 25 per cent of Canadian children aged two to 17 are obese

Obese children appear to have a blood vessel abnormality similar to what doctors see in much older adults with cardiovascular disease, a study has found.

Lead author Dr. Kevin Harris, a cardiology fellow at B.C. Children's Hospital, said tests in a group of obese children showed the aorta — the major artery from the heart — had lost normal elasticity, as if the aging process has been accelerated in the blood ves-

sel.

"We were surprised to find that these obese children already have stiff blood vessels," said Harris. 'Aortic stiffness is an early indicator of cardiovascular disease in obese children."

The aorta, the largest artery in the body, carries oxygen-rich blood from the heart to all the other arteries.

"The normal aorta has elastic qualities that buffer

The risks

The scope of the problem.

Staggering statistics More than one-quarter of Canadian children aged two to 17 are overweight or obese, putting them at risk for heart disease, high blood pressure and Type 2



the flow of blood. When that elasticity is lost, aortic stiffness results - a sign of developing cardiovascular disease," said Harris, adding that aortic stiffness in adults is associated with heart attacks and stroke that can result in premature death.

He said the childhood obesity rate has risen dramatically over the last 30 years, leading to predictions that life expectancy in Canada is set to decline for the first time in the country's history.

"I think that underscores the magnitude of the problem," Harris said.

To conduct the study, the B.C. researchers assessed the heart and blood vessels of 63 obese children and 55 normalweight children using echo cardiography, a type of ultrasound. Blood pressure, cholesterol and body mass index also were measured in all the children, who had a mean age

"I think it's kind of an early indicator of cardiovascular disease and it's important because we need to recognize that obesity is affecting children very early on," said Harris, who was to present his findings Monday at the Canadian Cardiovascular Congress in Montreal.

Toronto cardiologist Dr. Beth Abramson, a spokes-woman for the Heart and Stroke Foundation, said it is alarming to see changes in the performance of the heart and blood vessels in obese children.
THE CANADIAN PRESS

Yi acupuncture and massage - Dr. Yi Fu

PhD acupuncturist with 11 years academic training. Professional neurologist in china.

OUIT SMOKING!

Starts working fast, and with no stress, cravings or relapse

WEIGHT LOSS!

10% or more weight loss in 1-2 courses INCREASE YOUR HIEIGHT

Under 22, high success rate

Other specialties: insomnia, depression, hair loss Professional Massage - Covered by Insurance Fluent in English

201,4803 centre street NW Calgary Call 403-850-6898 to make an appointment Please visit www.uhealing.com for details \$50 off with this ad!

Service Directory

To advertise contact Blaine Schlechter at 403-444-0136

FINANCIAL



Fast approvals

And get cash now!!

Call toll free: 1-877-776-1660 www.moneyprovider.com

\$500\$

by phone, no credit

refused, quick and easy, payable over 3, 6, or 12 installments.

<u>loan service</u>

Apartment Finder

To advertise contact Warren Smith at 403-539-4948

realstar management

Glenmore Heights

620 - 67th Avenue SW

1 & 2 Bedrooms, Gym, Social Room and Library Close to Chinook and the New Co-op, Utilities Included

1/2 months free rent

1-877-617-9803

PENTLAND PLACE 924 7th AVENUE SW CALGARY, AB

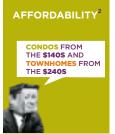
One Bedrooms from \$955 Two Bedrooms from \$1050



- LRT at your front door, bus stop at the building
- Shopping, Cafes and restaurants just steps away
- Many local parks nearby
- Affordable and comfortable, friendly professional staff
- Close to The Science Centre and Prince's Island



www.caprent.com 403-262-5855 www.caprent.com



SALES LAUNCH COMING THIS FALL Register at Contact us at: 403.452.3620





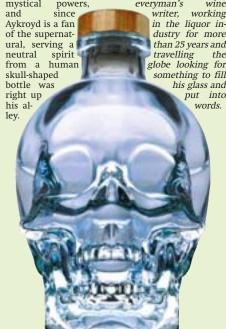
Try a spooky skull spirit for Halloween



The last time I saw Dan Aykroyd he was talking wine. The former Ghostbuster has been the figurehead of his eponymously named series of Ontario wines for several years now and is a passionate advocate of Canadian vino.

Seeing as we're creeping our way to Hal-loween this week I can't help but think of his side project: Crystal Head Vodka (\$44.98 - \$75.00).

If you've seen Indiana Jones and the Kingdom of the Crystal Skull you'll know from where Aykroyd got his inspiration. The story goes that the original thirteen skulls had some sort of mystical powers,



Made in Newfoundland it's quadruple-distilled and triple-filtered through Herkimer diamond crystals. Okay, so I really don't know what diamond filtration does for the vodka (what could it do?), but the biproduct is a smooth, refined spirit with just a hint of anise-like flavour

I can't think of a better splash of booze to support a Bloody Caesar on this up-coming All Hallow's Eve.

This product is not available everywhere. everywhere. But those unlucky ones can place private six-pack orders by contacting Diamond Estates at 416-488-4922.

Peter Rockwell is the wine everyman's working in the liquor industry for more than 25 years and travelling the globe looking for something to fill his glass and put into

Refreshing, cool and colourful Tex-Mex starter



The garnishes for this soup make it a real Tex-Mex favorite, as well as a beautiful looking soup. It's a great starter to a main course of fajitas, burritos or quesadillas. I buy flavoured tortillas in bulk and freeze them. To defrost, place the entire package in the microwave oven and heat on High for 30 seconds, or just until you can break away the number you need. Refreeze the remainder. The different colors add interest to any meal.

Tortilla, Sautéed Corn and Plum Tomato Soup **Preparation:**

- Spray a non-stick saucepan with cooking oil, add the vegetable oil and place over medium heat. Cook the onion, green pepper and garlic, stirring occasionally, for 5 minutes or until the onions are golden. Stir in the corn and cook for 5 minutes, or until the corn begins to brown.
- Stir in the stock, black beans, rice and chili paste. Bring to a boil, reduce the heat to a simmer and cook for 12
- Add the tomatoes, cornstarch (dissolved in 1 Tbsp of water) and salt and pepper



Ingredients:

• 2 tsp vegetable oil

► Tortilla, Sautéed Corn and Plum Tomato Soup.

- 1 cup chopped onion
- 1/2 cup chopped green bell pepper
- 2 tsp minced fresh garlic • 3/4 cup canned corn

until slightly

Simmer for 2 minutes

thickened. Ladle the

- kernels drained
- 4 cups chicken or vegetable stock
- 3/4 cup canned black
- beans, drained and rinsed
- · 3 tbsp basmati rice • 1 tsp hot chili paste
- 1 cup diced plum tomatoes

bowls and garnish

each serving with tor-

"Experience the Rich Muslim Tradition"

- soup into individual
- 1/4 tsp salt and freshly ground black pepper

Prep time:

Cooking:

- 2 1/2 tsp cornstarch
- 1 cup thinly sliced flavoured flour tortillas
- 1/3 cup chopped cilantro
- or parsley
- 1/4 cup low-fat sour cream

tilla strips, fresh herbs

and sour cream. Makes

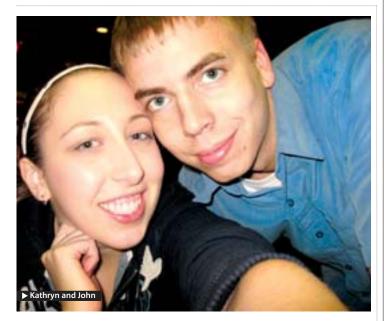
FREE Family Fun Event Open to Public MUSLIM HERITAGE DAY

Saturday, Oct. 30, 10am to 6pm - Olympic Plaza, downtown Calgary

Attractions: Enjoy FREE Ethnic food, Henna designs, Calligraphy, Exhibits & Traditional dresses, Bazaar and many fun challenges and WIN Prizes.

"DISCOVER MUSLIM HERITAGE"- a documentary movie screening followed by general discussion and Q&A led by Imam Khalid Griggs (USA) at EPCOR Centre from 4pm to 6pm. This movie explores thousand years of discoveries made by Muslims which became the foundations of our modern world science and technology. Starring Oscar-winner Sir Ben Kingsley, the movie received number of international awards including the Gold Award for Best Education Film at Cannes 2010. Read more at www.1001inventions.com





How We Met: Kathryn & John

"John and I (Kathryn) first met in high school, where we had classes together, but we were both so painfully shy that we never spoke a word to

each other!
"I liked John since the moment I saw him, but was never able to work up the courage to talk to him. We even ended up going to the same univerNames: Kathryn, 22, and John, 22

Hometown: Dartmouth, N.S.

Together since: 2009

Their story:

"In the summer of together on a pub crawl,

and in a drunken stupor the next morning. I confessed to my crush on him. At the time, I was in a dead-end relationship, which ended shortly after

"I confessed my feelings to John. We became good friends and talked daily. Then almost a year after becoming friends, we started dating and have been together ever since!"

WE WANT TO KNOW HOW YOU MET! GO TO 2FOR-COUPLES.COM NOW TO SUB-MIT YOUR LOVE STORY.

DMIC BOOKS THREA TAKE OVER BASEMENT



Q: My husband's comic book collection is taking over the basement and there's no room for our toddler's toys.

How do I get him to understand that his childhood has come to an end?

Angela says... My gut reaction is to let your toddler eat a peanut butter-andjam sandwich in the basement. But upon sober second thought, I wonder if it really is such problem after all. Isn't it better if the comic books reside in the basement rather than your bedroom, dining room or living room? And does his childhood really need to come to a complete end? If space is an issue, is there a compromise - maybe he can free up one shelf for the kid's growing Olivia book collection?

Derek says... I'm no psychologist, but I have seen enough episodes of Two and a Half Men to gently suggest that perhaps you resent your husband's ability to balance his superego and id. That childlike quality that expresses itself in his love of comics is part of the reason you fell in love with him. Asking him to part with them could rip out a piece of his soul and turn him into a dull, socially awkward individual capable of interacting only with electrical engineers. But if you really need the space, have someone digi-tally archive the collection and then buy him an iPad to carry the comics wherever he goes.

NEW LOWER RATES

If you EVER Find a Lower Rate, Call us and We'll Beat it... Guaranteed



Make Long Distance and OverSeas Calls From your Cell Phone A OUT GUARANTED LOWEST RATES!







How to make your taxes less taxing

◆ Alison's Money Rule: A little tax prep now will pay dividends when filing time rolls around

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS CA



Death and taxes. If you wait until next April to think about the latter,

the experience can be a whole lot like the for-

A little thought and preparation now can save you time and money in the new year. Here are some proactive tax tips from Cleo Hamel, senior tax analyst for H&R Block Canada.

• Check your pay stub: Direct deposit is convenient but errors can affect your tax situation. Look at your monthly deductions. Chloe has seen mistakes ranging from arithmetic errors to taxable benefits not shown and moving expenses paid out incorrectly.

• Check your interest earning investments: Some banks don't issue T5 slips for \$50 less in interest earned. And some don't provide tax slips for trades so you could be missing tax deductible investment expenses. Use your own records to list interest income and investment expenses.



• Check the charity: Before donating money this holiday season contact the Canada Revenue Agency to ensure that charity is properly listed. Hamel notes there have been reversals of charitable contributions by the CRA in the past few years.

• Check on your health: If your family has known medical expenses coming up such braces or glasses you could get a bigger tax benefit by loading them all into one year.

• Check your investments: Even though the market has risen nicely since the 2008/09 meltdown many still have losses. Selling a losing investment (only those outside RRSPs and RRIFs qualify), provides a capital loss that can be carried back three years or carried forward indefinitely to reduce tax on capital gains.

Fun and Frugal

LESLEY
SCORGIE
MONEY@METRONEWS.CA

TFSA: YES OR NO?

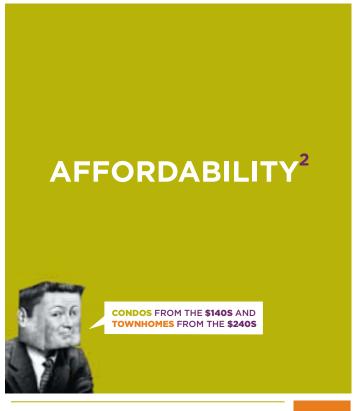
n 2009, the federal government introduced the tax-free savings account, which allows Canadians eighteen years of age and older to save and grow their money tax free. Each year you can contribute \$5,000. This amount will be indexed with inflation.

Though your contributions aren't eligible for a tax deduction, your earnings within the plan aren't taxed. So, basically your money grows tax-free, even when it is withdrawn. With a Registered Retirement Savings Plan (RRSP), however, you're

fully taxed at your marginal tax rate when funds are withdrawn.

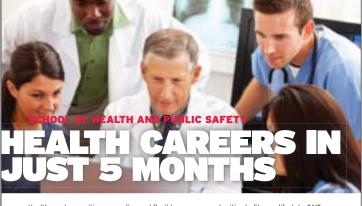
Similar to an RRSP, Registered Pension Plan (RPP), or other non-registered plans, you can put a variety of investments within the TFSA, from GICs to stocks to mutual funds, etc. Your contribution room is also carried forward indefinitely, so if you can't contribute one year, you can make up for it the next year.

When you withdraw the funds, which you can do without penalty at any time, you don't pay tax on capital gains, dividends, trust distributions, or interest earned.









Healthcare has exciting, rewarding and flexible career opportunities to fit your lifestyle. SAIT Polytechnic's School of Health and Public Safety is offering the following fast-track programs for January 2011.

STERILE PROCESSING TECHNICIAN

Train for the critical role of cleaning, packaging, sterilizing, storing and handling of sterile supplies and surgical instruments.

HEALTH INFORMATION OFFICE ASSISTANT

Gain the skills necessary to support a health care office, like medical office procedures, medical accounting, physician billing and patient scheduling.

MEDICAL LABORATORY ASSISTANT

Learn to collect, process, and prepare patient specimens, enter data, perform electrocardiograms, and carry out basic laboratory procedures.

PHARMACY TECHNICIAN - RETAIL

Prepare for a career in a community-based retail pharmacy where you'll receive and prepare prescriptions, manage inventory and work with the public

START YOUR CAREER
IN HEALTHCARE TODAY

APPLY NOW AT SAIT.CA OR CALL 403.284.8500 FOR MORE INFORMATION



▶ NBA preview

The challengers

Can Miami's new Big Three stop Kobe and the Lakers from defending their crown?
 First LeBron and friends will have to get past the Celtics and their aging all-stars

Kobe Bryant had just finished with a Big Three when LeBron James and friends got to work building another.

Dwyane Wade soon announced he was staying in Miami, flanked by Chris Bosh, who said he was coming. The next night, James appeared on his much-publicized, heavily criticized TV special to declare his intentions of heading to South Beach.

Two days, three all-stars. Just like that, the Heat were the clear winners in July.

For now, Bryant and the two-time defending champion Lakers still own June.

pion Lakers still own June. "I think until someone beats the Lakers, the Lakers is the team to beat. I don't care how stacked the team is," Hall of Famer Michael Jordan said. "That's the thing about being champions. Until you get knocked off of that hill, you're still the champions."

The new Heat make their debut in the NBA season opener tonight against the Boston Celtics, who brought back their trio of Kevin Garnett, Paul Pierce and Ray Allen, then added even more age when they signed Shaquille O'Neal.

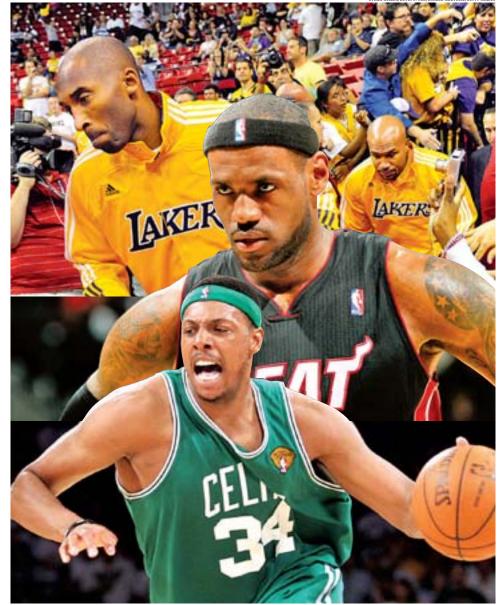
And O'Neal has a message for his former fans in Miami: Older is definitely better.

"Everyone wants to talk about the young team, but in the last 10 years, I think I've been there four times. I haven't seen a young team there yet," O'Neal told reporters after a pre-season game in Hartford, Conn.

"You guys, every time you see young people get together, you automatically give it to them. But studies show, it's documented the last 10 years, no young team has either won it or even been there."

Miami could be the team to change that. James is the two-time reigning MVP, Wade is a former scoring champion who was MVP of the 2006 NBA finals, and former Raptor Bosh is one of the best big men in the league. They were friends who came into the league together as top-five picks in the 2003 draft and teammates on the U.S. Olympic that won gold in 2008.

They went on the market together to head the most hyped free agency



class in history, and Miami landed all three of them.

"That's the only reason for coming here, me and C-Bosh and D-Wade, united to win a championship," James said during Miami's media day. "We're going to bring our A game every night and play as hard as we can to try to bring a championship to South Florida."

Bryant won't give it up easily, even as he battles nagging injuries and offseason knee surgery. Asked his reaction to the Heat's Number of minutes per game the Houston Rockets will limit Yao Ming to as the seven-foot-six centre returns from an injury that cost him all of last season.

coup, the finals MVP provided only a ho-hum, "Wow, how did Pat Riley pull that (expletive) off? Impressive."

Riley did it because his

three stars all accepted less than allowed, leaving the Heat with enough money to re-sign Udonis Haslem and ink Mike Miller, equipping them with a top bench, as well.

Los Angeles also got stronger with the signings of Steve Blake and Matt Barnes. Phil Jackson returned to try for a fourth three-peat, which would allow Bryant to tie Jordan with six titles.

There are other contenders. The Celtics were minutes away from an

18th title last season before Los Angeles rallied for an 83-79 victory in Game 7. Orlando has won 59 games each of the last two seasons, and the West is deep in potential threats to the Lakers' reign.

Lakers' reign.

Fresh off winning MVP honours after leading the U.S. to the gold medal at the world championship, Oklahoma City's Kevin Durant was voted by general managers as their pick to win the NBA's MVP award this season.

THE ASSOCIATED PRESS



Quoted



"We have a lot to overcome. This is a league that when you get to the end you've got to have a certain amount of size. I'm not sure we have it."

SUNS GUARD STEVE NASH

"We are probably not the No. 1 favourites. But heading into the playoffs we can beat anybody. Nobody's that much better than us."

SPURS GUARD MANU GINOBILI



West title doesn't let Stamps relax

▶ Roughriders' defeat may have handed Calgary top spot, but recent struggles are a cause for concern ▶ Team aiming to win last two contests

For a team that had just clinched the CFL's West Division, the Calgary Stampeders ran a businesslike practice yesterday with little jubilation.

Temperatures below zero and snow on the ground wasn't conducive to joie de vivre.

The reality is Calgary didn't win the title, but backed into it when the Saskatchewan Roughriders lost 39-24 to the Edmonton Eskimos on Saturday.

"The way we accomplished it doesn't diminish the accomplishment itself," countered Calgary head coach John Hufnagel, pointing out his team ac-

complished its pre-season goal of winning the west. The Stampeders (11-5)

The Stampeders (11-5) now know they are hosting the West Division final Nov. 21 at McMahon Stadium, which lowers the stakes in their final regular-season games against Hamilton on Friday and Winnipeg next week.

But the Stamps can't relax because they aren't playing their best football of the season. After racing to the top of the division with a 9-1 record, Calgary is 2-4 in its last six games.

The Stamps alternated between abysmal and brilliant in a 36-31 loss at home to the B.C. Lions on Friday.



"A hot team going into the playoffs is a dangerous team. We want to be that team."

NIK LEWIS

"Our team won't relax because we know there's so many things we need to work on," quarterback Henry Burris said.

"Offensively we had a slow start and had a turnover in the first quarter, second quarter was brilliant, third quarter was here and there, and the fourth quarter was here and there again. We can't be a here-and-there team. We have to be consistent when we have the ball."

Calgary has a dilemma now. The Stampeders don't want to lose any starters to injury before the West final, yet need to sharpen their game for the post-season.

Hufnagel says he's playing to win the final two games, meaning he'll put his starting lineup on the field. But if Calgary manages to build a large lead in either game, expect to see backups out there.

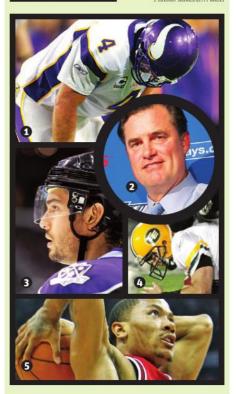
THE CANADIAN PRESS





PHOTOS

1. MIKE ROEMER/THE ASSOCIATED PRISS
2. DAVID COOPER/TORSTAR NEWS SERVICE
3. HARRY HOW/GETTY INAGES
4. DARRYL DYCK/THE CANADIAN PRESS



Brett Favre has a stress fracture in his left ankle that could end the Minnesota quarterback's NFL-record durability streak at 291 consecutive games started.

The Toronto Blue Jays' search for a new manager is over. John Farrell is leaving his job as Boston Red Sox pitching coach to replace the retired Cito Gaston.

The Los Angeles Kings put star defenceman Drew Doughty on injured reserve yesterday while he recovers from an apparent concussion.

Edmonton Eskimos quarterback Ricky Ray's status is day-to-day after injuring his shoulder.

The Chicago Bulls have exercised the fourth-year contract option on all-star forward Derrick Rose. @ METRO NEWS SERVICES







EASTERN CONFERENCE

| | GP | W | L | OTL | SL | GF | GΑ | Pts | Home | Away | Last 10 | Str |
|--------------|----|---|---|-----|----|----|----|-----|---------|---------|---------|-----|
| d-Tampa Bay | 8 | 5 | 2 | 1 | 0 | 27 | 27 | 11 | 2-1-1-0 | 3-1-0-0 | 5-2-1-0 | L |
| d-Montreal | 8 | 5 | 2 | 1 | 0 | 20 | 18 | 11 | 2-1-1-0 | 3-1-0-0 | 5-2-1-0 | W |
| d-Pittsburgh | 9 | 5 | 3 | 1 | 0 | 27 | 20 | 11 | 2-3-0-0 | 3-0-1-0 | 5-3-1-0 | L |
| Washington | 8 | 5 | 3 | 0 | 0 | 23 | 21 | 10 | 4-1-0-0 | 1-2-0-0 | 5-3-0-0 | W. |
| NY Islanders | 8 | 4 | 2 | 1 | 1 | 26 | 23 | 10 | 2-0-0-1 | 2-2-1-0 | 4-2-1-1 | L |
| NY Rangers | 7 | 4 | 2 | 1 | 0 | 22 | 20 | 9 | 1-1-1-0 | 3-1-0-0 | 4-2-1-0 | W: |
| Toronto | 7 | 4 | 2 | 1 | 0 | 20 | 18 | 9 | 2-1-1-0 | 2-1-0-0 | 4-2-1-0 | L |
| Boston | 6 | 4 | 2 | 0 | 0 | 18 | 11 | 8 | 1-2-0-0 | 3-0-0-0 | 4-2-0-0 | L |
| Carolina | 7 | 4 | 3 | 0 | 0 | 21 | 21 | 8 | 1-0-0-0 | 3-3-0-0 | 4-3-0-0 | W. |
| Atlanta | 8 | 3 | 4 | 1 | 0 | 23 | 29 | 7 | 1-2-0-0 | 2-2-1-0 | 3-4-1-0 | Li |
| Philadelphia | 8 | 3 | 4 | 1 | 0 | 19 | 21 | 7 | 2-3-0-0 | 1-1-1-0 | 3-4-1-0 | L |
| Buffalo | 9 | 3 | 5 | 1 | 0 | 24 | 24 | 7 | 0-4-1-0 | 2-2-0-0 | 3-5-1-0 | W. |
| Florida | 6 | 3 | 3 | 0 | 0 | 17 | 12 | 6 | 2-1-0-0 | 1-2-0-0 | 3-3-0-0 | W. |
| Ottawa | 8 | 2 | 5 | 1 | 0 | 16 | 26 | 5 | 1-2-0-0 | 1-3-1-0 | 2-5-1-0 | L |
| New Jersey | 9 | 2 | 6 | 1 | 0 | 15 | 30 | 5 | 0-4-1-0 | 2-2-0-0 | 2-6-1-0 | L |
| | | | | | | | | | | | | |

WESTERN CONFERENCE

| | | GP | VV | L | OIL | SL | GF | GA | Pts | Home | Away | Last 10 | Str |
|--------|---------|----|----|---|-----|----|----|----|-----|---------|---------|---------|-----|
| d-Nas | hville | 8 | 5 | 0 | 3 | 0 | 21 | 17 | 13 | 2-0-3-0 | 3-0-0-0 | 5-0-3-0 | W |
| d-Los | Angeles | 8 | 6 | 2 | 0 | 0 | 25 | 19 | 12 | 3-0-0-0 | 3-2-0-0 | 6-2-0-0 | W |
| d-Cal | gary | 8 | 5 | 3 | 0 | 0 | 21 | 17 | 10 | 3-1-0-0 | 2-2-0-0 | 5-3-0-0 | W |
| Detro | it | 7 | 5 | 1 | 0 | 1 | 23 | 18 | 11 | 3-0-0-1 | 2-1-0-0 | 5-1-0-1 | W |
| Chica | go | 10 | 5 | 4 | 1 | 0 | 29 | 28 | 11 | 3-3-0-0 | 2-1-1-0 | 5-4-1-0 | L |
| Dalla | S | 7 | 5 | 2 | 0 | 0 | 24 | 17 | 10 | 2-1-0-0 | 3-1-0-0 | 5-2-0-0 | L |
| St. Lo | uis | 7 | 4 | 1 | 1 | 1 | 19 | 14 | 10 | 4-0-0-0 | 0-1-1-1 | 4-1-1-1 | W |
| Colun | nbus | 8 | 5 | 3 | 0 | 0 | 20 | 22 | 10 | 3-2-0-0 | 2-1-0-0 | 5-3-0-0 | W |
| Color | obe | 8 | 4 | 4 | 0 | 0 | 25 | 29 | 8 | 1-2-0-0 | 3-2-0-0 | 4-4-0-0 | L |
| Minn | esota | 8 | 3 | 3 | 0 | 2 | 23 | 23 | 8 | 2-2-0-1 | 1-1-0-1 | 3-3-0-1 | L |
| Vanco | ouver | 8 | 3 | 3 | 0 | 2 | 20 | 21 | 8 | 3-0-0-1 | 0-3-0-1 | 3-3-0-2 | W. |
| San J | ose | 7 | 3 | 3 | 1 | 0 | 19 | 21 | 7 | 1-2-0-0 | 2-1-1-0 | 3-3-1-0 | Ľ. |
| Phoe | nix | 7 | 2 | 2 | 3 | 0 | 17 | 19 | 7 | 1-1-2-0 | 1-1-1-0 | 2-2-3-0 | L |
| Anah | eim | 9 | 3 | 5 | 0 | 1 | 21 | 33 | 7 | 2-0-0-1 | 1-5-0-0 | 3-5-0-1 | L |
| Edmo | nton | 6 | 2 | 4 | 0 | 0 | 15 | 21 | 4 | 2-2-0-0 | 0-2-0-0 | 2-4-0-0 | L |
| | | | | | | | | | | | | | |

 $d-\text{division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column. \\$

Phoenix at Ottawa, 7:30 p.m. Edmonton at Calgary, 9 p.m. Anaheim at Dallas, 9 p.m. Colorado at Vancouver, 10 p.m.

Tomorrow's games Atlanta at N.Y. Rangers, 7 p.m.

Washington at Carolina, 7 p.m. N.Y. Islanders at Montreal, 7:30 p.m. Pittsburgh at Tampa Bay, 7:30 p.m.

Los Angeles at Chicago, 8:30 p.m. New Jersey at San Jose, 10:30 p.m.

2. Calgary, Iginla 2 (Tanguay, White) 6:01

3. Calgary, Conroy 2 (Meyer, Jackman) 8:36 4. Calgary, Bourque 6 (Tanguay, Stajan) 11:47

4. Calgary, Bourque 6 (Tanguay, Stajan) 11:47
Penalties — Pavelski SJ (tripping) 3:31, Clowe
SJ, Jackman Cal (righting) 8:36, Mitchell SJ
(hooking) 13:00.
Second Period
No Scoring.
Penalties — Niittymaki SJ (delay of game;
served by Mayers) 2:36, Heatley SJ (slashing)
8:53, Jokinen Cal (interference) 13:15, Wolney
SI (Jidabay of game) 17/19 (Benross Cal (Mone)

SJ (delay of game) 17:09, Glencross Cal (hook-

Caigary 14 10 6 30
Goal (shots-saves) — San Jose: Niemi (1,1-30)(5-2), Niittymaki (8:36 first, 25-24); Calgary: Kiprusoff (W,4-3-0), Power plays (goals-chances) — San Jose: 0-2; Calgary: 1-6.
Att. — 19,289 (19,289) at Calgary.

6 12 9 14 10 6

Penalties — Heatley SJ (tripping) 4:50. Shots on goal by

ing) 19:43.

Third Period — No Scoring.

SCORING LEADERS

Stamkos, TB

Sharp, Chi Hossa, Chi D.Sedin, Vcr Crosby, Pgh Getzlaf, Ana C.Stewart, Col Zetterberg, Del B.Richards, Dal Liles, Col H.Sedin, Vcr Horton, Bos Roy, Buf P. Stastby, Col

Sharp, Chi

Last night's results Columbus 2 Philadelphia 1 Montreal 3 Phoenix 2 (OT) Los Angeles 3 Minnesota 2 (SO) Sunday's results Calgary 4 San Jose 0 Nashville 4 Tampa Bay 3 N.Y. Rangers 3 New Jersey 1

Tonight's games (All times Fastern) Florida at Toronto, 7 p.m. Buffalo at Philadelphia, 7 p.m.

CANADIENS 3, COYOTES 2 (OT)

First Period No Scoring.

No Scoring.

Penalties – Spacek Mtl (holding stick) 2:57,
Whitney Pho (interference) 3:32, Fiddler Pho
(holding) 4:31, Ekman-Larsson Pho (highsticking) 7:38, Gorges Mtl (hooking) 16:15.

Second Period

1. Phoenix, Turris 3 (Wolski) 2:49

2. Montreal, Plekanec 3 (Kostitsyn, Cammalleid) 2:14.

3. Montreal, Cammalleri 3 (Hamrlik, Subban)

Penalties — Morris Pho (cross-checking) 8:09. Penatities – Morris Pho (cross-cheding) 8:09 pacel Mtl (hooking) 10:23. Whitney Pho (holding) 11:12, Moen Mtl (boarding) 19:53. Third Period 4. Phoenix, Morris 11:01 (pp) Penatly – Gorges Mtl (interference) 5:57. Overtime 5. Montreal, Kostitsyn 5 (Eller, Gorges) 1:25 Penatlies – None. Shots on goal by

Shots on goal by | Shock on goal by | Phoenix | 11 | 7 | 11 | 0-29 | | Montreal | 10 | 8 | 10 | 1-29 | | Goal — Phoenix: Bryzgalov (L,2-1-2). | Montre-

al: Price (W,5-2-1). Power plays (goals-chances) — Phoenix: 1-5. Montreal: 1-5. Referees — Rob Martell, Dennis LaRue. Linesmen — Michel Cormier, Brad Kovachik. Att. - 21,273 at Montreal.

LATE SUNDAY

FLAMES 4, SHARKS 0

1. Calgary, Bourque 5 (Hagman, Morrison) 4:12 (pp)

St. Louis, TB Bertuzzi, Det M.Koivu, Minn Kostitsyn, Mtl Semin, Wash Alfredsson, Ott Neal, Dal Ovechkin, Wash Selanne, Ana Kopitar, LA Ladd, Atl Malkin, Pgh Perry, Ana Letang, Pgh

TRANSACTIONS

BASEBALL

AMERICAN LEAGUE
NEW YORK YANKEES — Fired pitching coach Dave Eiland. TORONTO BLUE JAYS — Named John Farrell

NATIONAL LEAGUE

ST. LOUIS CARDINALS — Agreed to terms with pitching coach Dave Duncan on a two-year contract and hitting coach Mark McGwire, first-base coach Dave McKay, third-base coach Jose Oquendo and bench coach Joe Pettini on one-year contracts.

BASKETBALL

CHICAGO BULLS - Exercised their fourthyear contract option on G Derrick Rose and third-year contract options on F Taj Gibson and

F James Johnson.
MIAMI HEAT — Waived F Da'Sean Butler and G Patrick Beverley.

MILWAUKEE BUCKS — Exercised their third-

FOOTBALL

HOUSTON TEXANS — Waived DT Frank Okam Signed LB Stanford Keglar, DT Damione Lewis and DT Malcolm Sheppard. Signed DE Tim Jamison to the practice squad. Place LB DeMeco Ryans on injured reserve. NEW YORK JETS — Signed T Andre Ramsey to

TAMPA BAY BUCCANFERS — Released TE

WINNIPEG BLUE BOMBERS — Added QB Frank Wilczynski to the practice roster.

HOCKEY

ΔΤΙ ΔΝΤΔ THRΔSHERS — Δctivated G Ondrei

ATLANTA THRASHERS — Activated G Ondrej Pavelec from injured reserve. Reassigned G Peter Mannino to Chicago (AHL). COLUMBUS BLUE JACKETS — Activated RW Jared Boll from injured reserve. NASHVILLE PREDATORS — Reassigned D Teemu Laakso to Milwaukee (AHL). NEW YORK ISLANDERS — Recalled F Matt Martin on emergency loan from Bridgeport (AHL). (AHL). NEW YORK RANGERS — Assigned F Jeremy

Williams to Hartford (AHL).
PITTSBURGH PENGUINS — Assigned F Eric
Tangradi and D Andrew Hutchinson to Wilkes-Barre/Scranton (AHL).

WASHINGTON CAPITALS — Recalled G Braden Holthy from Hershey (AHL), Loaned G Dany Sabourin to Hershey. Assigned C Jay Beagle to Hershey.

AHL

MANITOBA MOOSE — Assigned F Prab Rai to Victoria (ECHL).

CFL

WEEK 18

| EAST DIVISI | ON | | | | | | |
|-------------|-----|----|----|---|-----|-----|---|
| | GP | W | L | Т | PF | PA | 1 |
| y-Montreal | 16 | 11 | 5 | 0 | 480 | 415 | 2 |
| x-Hamilton | 16 | 9 | 7 | 0 | 436 | 372 | 1 |
| x-Toronto | 16 | 8 | 8 | 0 | 313 | 401 | 1 |
| Winnipeg | 16 | 4 | 12 | 0 | 419 | 434 | |
| WEST DIVIS | ION | | | | | | |
| | GP | w | L | т | PF | PA | 1 |

16 11 5 0 536 403 22 16 9 7 0 449 442 18 16 6 10 0 343 501 12 16 6 10 0 420 428 12 y-Calgary x-Saskatchewan Edmonton B.C. x — clinched playoff berth.

clinched division title Friday's games (All times Eastern)

Montreal at Toronto, 7 p.m. Hamilton at Calgary, 10 p.m. Saturday's game Winnipeg at Edmonton, 7 p.m. Sunday's game Saskatchewan at B.C., 5 p.m.

SCORING LEADERS

| SCOKING LEADERS | | | | | | | | | | |
|--------------------|-----|----|----|----|-----|--|--|--|--|--|
| | TD | C | FG | S | Pts | | | | | |
| Maver, Cal | 0 | 60 | 31 | 3 | 156 | | | | | |
| McCallum, BC | 0 | 29 | 40 | | | | | | | |
| 6 | 155 | | | | | | | | | |
| Duval, MtI | 0 | 37 | 30 | 12 | 139 | | | | | |
| DeAngelis, Ham | 0 | 39 | 31 | 3 | 135 | | | | | |
| Congi, Sask | 0 | 41 | 26 | 2 | 121 | | | | | |
| Prefontaine, Edm-1 | | 28 | 24 | 8 | 108 | | | | | |
| Cates, Sask | 15 | 0 | 0 | 0 | 90 | | | | | |
| Shaw, Tor | 0 | 18 | 19 | 6 | 81 | | | | | |
| Palardy, Ham-Wpg | 0 | 18 | 16 | 7 | 73 | | | | | |
| T.Edwards, Wpg | 12 | 0 | 0 | 0 | 72 | | | | | |
| Bryant, Cal | 11 | 0 | 0 | 0 | 66 | | | | | |
| x-Cobb, Ham | 10 | 2 | 0 | 0 | 62 | | | | | |
| x-Green, Mtl | 10 | 2 | 0 | 0 | 62 | | | | | |
| Lewis, Cal | 9 | 0 | 0 | 0 | 54 | | | | | |
| Robertson, BC | 9 | 0 | 0 | 0 | 54 | | | | | |
| Bruce, Ham | 8 | 0 | 0 | 0 | 48 | | | | | |
| Serna, Wpg | 0 | 20 | 8 | 4 | 48 | | | | | |
| x-Richardson, MtI | 7 | 2 | 0 | 0 | 44 | | | | | |
| Boyd, Tor | 7 | 0 | 0 | 0 | 42 | | | | | |
| McDaniel, Ham | 7 | 0 | 0 | 0 | 42 | | | | | |
| Rambo, Cal | 7 | 0 | 0 | 0 | 42 | | | | | |
| Reynolds, Cal | 7 | 0 | 0 | 0 | 42 | | | | | |
| Watkins, Mtl | 7 | 0 | 0 | 0 | 42 | | | | | |
| x-Owens, Tor | 6 | 2 | 0 | 0 | 38 | | | | | |
| x-Simon, BC | 6 | 2 | 0 | 0 | 38 | | | | | |
| Cobourne, Mtl | 6 | 0 | 0 | 0 | 36 | | | | | |
| Davis, BC | 6 | 0 | 0 | 0 | 36 | | | | | |
| Dressler, Sask | 6 | 0 | 0 | 0 | 36 | | | | | |
| Durant, Sask | 6 | 0 | 0 | 0 | 36 | | | | | |
| Reid, Wpg | 6 | 0 | 0 | 0 | 36 | | | | | |
| Schiavone, Edm | 0 | 8 | 9 | 1 | 36 | | | | | |
| David, Mtl | 0 | 6 | 9 | 2 | 35 | | | | | |
| Bratton, MtI | 5 | 0 | 0 | 0 | 30 | | | | | |
| Fantuz, Sask | 5 | 0 | 0 | 0 | 30 | | | | | |
| McCarty, Edm | 5 | 0 | 0 | 0 | 30 | | | | | |
| Whitlock, Edm | 5 | 0 | 0 | 0 | 30 | | | | | |
| Thigpen, Ham | 5 | 0 | 0 | 0 | 30 | | | | | |

NBA

Medlock, To

Black, BC Carr, Wpg

x-Getzlaf, Sask

2010-11 SCHEDULE

Tonight's games (All times Eastern) Miami at Boston, 7:30 p.m.

Miami at Boston, 7:30 p.m.
Phoenix at Dortland, 10 p.m.
Houston at L.A. Lakers, 10:30 p.m.
Tomorrow's games
Boston at Clevelland, 7 p.m.
Detroit at New Jersey, 7 p.m.
Miami at Philadelphia, 7 p.m.
New York at Toronto, 7 p.m.
Atlanta at Memphis, 8 p.m.
Sacramento at Minnesota, 8 p.m.
Miliwaukee at New Orleans, 8 p.m.
Charjotte at Dallas, 8:30 p.m.
Charjotte at Dallas, 8:30 p.m.
Indiana at San Antonio, 8:30 p.m. Indiana at San Antonio, 8:30 p.m. Utah at Denver, 8:30 p.m. Houston at Golden State, 10:30 p.m.

Portland at L.A. Clippers, 10:30 p.m.

SOCCER

EASTERN CONFERENCE

| | GP | W | L | Т | GF | GA | P |
|--------------|----|----|----|---|----|----|----|
| x-New York | 30 | 15 | 9 | 6 | 38 | 29 | 5 |
| x-Columbus | 30 | 14 | 8 | 8 | 40 | 34 | 50 |
| Kansas City | 30 | 11 | 13 | 6 | 36 | 35 | 39 |
| Chicago | 30 | 9 | 12 | 9 | 37 | 38 | 36 |
| Toronto FC | 30 | 9 | 13 | 8 | 33 | 41 | 35 |
| New England | 30 | 9 | 16 | 5 | 32 | 50 | 32 |
| Philadelphia | 30 | 8 | 15 | 7 | 35 | 49 | 31 |
| D.C. United | 30 | 6 | 20 | 4 | 21 | 47 | 22 |
| | | | | | | | |

WESTERN CONFERENCE

| | GP | W | L | Т | GF | GΑ | Pt | | | | |
|--|----|----|----|----|----|----|----|--|--|--|--|
| x-Los Angeles | 30 | 18 | 7 | 5 | 44 | 26 | 59 | | | | |
| x-Real Salt Lake | 30 | 15 | 4 | 11 | 45 | 20 | 56 | | | | |
| x-FC Dallas | 30 | 12 | 4 | 14 | 42 | 28 | 50 | | | | |
| x-Seattle | 30 | 14 | 10 | 6 | 39 | 35 | 48 | | | | |
| x-San Jose | 30 | 13 | 10 | 7 | 34 | 33 | 46 | | | | |
| x-Colorado | 30 | 12 | 8 | 10 | 44 | 32 | 46 | | | | |
| Houston | 30 | 9 | 15 | 6 | 40 | 49 | 33 | | | | |
| Chivas USA | 30 | 8 | 18 | 4 | 31 | 45 | 28 | | | | |
| Note: Three points for a win one for a tie | | | | | | | | | | | |

x — clinched playoff berth. Sunday's results
Columbus 3 Philadelphia 1

Los Angeles 2 FC Dallas 1 End of MLS regular season

PLAYOFFS

SEMIFINALS EASTERN CONFERENCE

(All times Eastern) New York vs. San Jose Saturday's game First Leg
New York at San Jose, 10 p.m. Columbus vs. Colorado Thursday's game

First Leg
Columbus at Colorado, 9 p.m. WESTERN CONFERENCE Los Angeles vs. Seattle Sunday's game

First Leg Los Angeles at Seattle, 8 p.m. Real Salt Lake vs. FC Dallas Saturdays' game First Leg
Real Salt Lake at Dallas, 5 p.m.

ITALY

SERIE A

Yesterday's result Napoli 1 AC Milan 2

PORTUGAL

Vesterday's result FC Porto 5 Leiria 1

SPAIN

LA LIGA

Yesterday's result Real Sociedad 3 Deportivo La Coruna 0

MLB

2010 POSTSEASON

WORLD SERIES

Tomorrow's game
(All times Eastern)
Texas (Lee 12-9) at San Francisco (Lincecum
16-10), 7:57 p.m.
Thursday's game
Texas at San Francisco, 7:57 p.m.
Saturdaw's game Saturday's game San Francisco at Texas, 6:57 p.m.

Sunday's game San Francisco at Texas, 8:20 p.m.

EAST

AMERICAN CONFERENCE

| Miami Buffalo | 3 | 3 | 0 | .833 .500 .000 | 111 121 | 135 138 |
|--|-----------------------|------------------|------------------|-------------------------------------|--------------------------------|--------------------------------|
| SOUTH | | | | | | |
| Tennessee Houston Indianapolis Jacksonville | W 5 4 4 3 | 2 2 2 4 | T 0 0 0 | Pct .714 .667 .667 .429 | PF 199 153 163 130 | PA 117 167 125 209 |
| NORTH | | | | | | |
| Pittsburgh Baltimore Cincinnati Cleveland | W 5 5 2 2 | 1 2 4 5 | T 0 0 0 | Pct .833 .714 .333 .286 | PF 137 149 132 118 | PA 82 129 141 142 |
| WEST | | | | | | |
| Kansas City Oakland San Diego Denver | W 4 3 2 2 | L 2 4 5 | 0 0 0 0 | .667 .429 .286 .286 | PF 150 179 177 138 | PA 112 165 149 199 |
| | | | | | | |

| 4 | 2 | 0 | .667 | 150 | 112 |
|------|-----------------------------|--------------------|---|--|---|
| | | | | | 165 |
| | | | | | 149 |
| 2 | 5 | U | .286 | 138 | 199 |
| . CO | NFI | ERE | NCE | | |
| | | | | | |
| W | L | T | Pct | PF | PA |
| 5 | 2 | 0 | .714 | 175 | 153 |
| 4 | 3 | 0 | .571 | 130 | 133 |
| 4 | | 0 | .571 | 172 | 157 |
| 1 | 5 | 0 | .167 | 137 | 152 |
| | | | | | |
| W | L | Т | Pct | PF | PA |
| 5 | 2 | 0 | .714 | 169 | 133 |
| 4 | 2 | 0 | .667 | 98 | 128 |
| 4 | 3 | 0 | .571 | 147 | 138 |
| 1 | 5 | 0 | .167 | 75 | 130 |
| | | | | | |
| W | L | Т | Pct | PF | PA |
| 4 | 3 | 0 | .571 | 126 | 114 |
| 4 | 3 | 0 | .571 | 167 | 136 |
| 2 | 4 | 0 | .333 | 111 | 116 |
| 1 | 5 | 0 | .167 | 146 | 140 |
| | | | | | |
| W | L | Т | Pct | PF | PA |
| | | | | | 107 |
| | | | | | 160 |
| | | | | | 131 |
| 1 | 6 | 0 | .143 | 113 | 162 |
| | w 5 4 4 4 1 1 W 4 4 4 2 1 1 | 3 4 2 5 2 5 CCONFI | 3 4 0 2 5 0 0 2 5 0 0 2 5 0 0 0 2 5 0 0 0 0 | 3 4 0 429 2 5 0 286 2 5 0 286 2 5 0 286 CONFERENCE W L T Pct 5 2 0 .714 4 3 0 .571 1 5 0 .167 W L T Pct 4 3 0 .571 1 5 0 .167 W L T Pct 4 3 0 .571 1 5 0 .167 W L T Pct 4 3 0 .571 1 5 0 .167 W L T Pct 4 3 0 .571 1 5 0 .167 W L T Pct 4 3 0 .571 1 5 0 .167 | 3 4 0 429 1270 2 5 0 286 127 2 5 0 286 138 CONFERENCE W L T Pct Pf 5 2 0 7714 175 4 3 0 571 130 4 3 0 571 130 4 3 0 571 137 W L T Pct Pf 4 3 0 571 140 4 3 0 571 171 1 5 0 167 75 W L T Pct Pf 4 3 0 571 141 1 5 0 167 75 |

WEEK 7

Byes: Detroit, Houston, Indianapolis, N.Y. Jets Last night's result N.Y. Giants 41 Dallas 35 Sunday's results

Atlanta 39 Cincinnati 32 Baltimore 37 Buffalo 34 (OT) Carolina 23 San Francisco 20 Carolina 25 San Francisco 20 Cleveland 30 New Orleans 17 Kansas City 42 Jacksonville 20 New England 23 San Diego 20 Oakland 59 Denver 14 Pittsburgh 23 Miami 22 Seattle 22 Arizona 10 Tampa Bay 18 St. Louis 17 Tenpasses 37 Philadelphia 19 Tennessee 37 Philadelphia 19 Washington 17 Chicago 14 Green Bay 28 Minnesota 24

WFFK 8

Byes: N.Y. Giants, Philadelphia, Chicago, At-lanta, Baltimore, Cleveland

Sunday's games (All times Eastern)

Denver vs. San Francisco at London, 1 p.m. Washington at Detroit, 1 p.m. Buffalo at Kansas City, 1 p.m. Carolina at St. Louis, 1 p.m. Carolina at St. Louis, 1 p.m.
Miami at Cincinnati, 1 p.m.
Jacksonville at Dallas, 1 p.m.
Jacksonville at Dallas, 1 p.m.
Green Bay at N.Y. Jets, 1 p.m.
Tennessee at San Diego, 4:05 p.m.
Minnesota at New England, 4:15 p.m.
Seattle at Oakland, 4:15 p.m.
Tampa Bay at Arizona, 4:15 p.m. Pittsburgh at New Orleans, 8:20 p.m. Monday, Nov. 1 Houston at Indianapolis, 8:30 p.m.

Live NHL® games on Canada's best network.

Watch live games, video highlights and more, only on Bell. Visit bell.ca/mobileNHL.













Infer ends December 31, 2010. Available with compatible devices within network coverage areas available from Bell Mobility, Subject to change without notice. Taxes extra. Other conditions apply, (1) Based on comparison of national networks; (a) fastest network, according to tests of average upload and download speeds urban centres across Canada, (b) largest network, based on total square kms of coverage, and (c) fewest call failures based on tests including network access failures, blocked calls and dropped calls in large urban centres across Canada; all on the shared HSPA+ network available from Bell, vs. Rogers HSPAHSPA+ network available from Bell, vs. Rogers HSPAHSPA+ network available from Bell, vs. Rogers HSPAHSPA+ network available from Bell with the state of the stat

Crossword

1 Gunshot sound 5 Salamanders 9 Discoverer's cry 12 Smell

13 Lotion additive 14 Lair

15 Edae

17 Moving vehicle

18 Ivory source

19 Eighth Greek letter

21 Allege

24 Fictional sleuth

Charlie

25 Lends a hand

26 Invoice add-on 30 Dallas NBA'er, for

short

31 They have their ups

and downs

32 Luau music provider

33 Ready 35 Smile

36 To laugh (Fr.)

37 Sports venue

38 Performed

40 Hamburg's river 42 Mainlander's me-

mento

43 Supporters of a cause

48 Picks out of a

lineup

49 Regrets 50 Helpless?

51 Shirt shape

52 Disarray

53 TV trophy

1 Squeezing snake

2 Toss in

3 Thanksgiving mo.

28 Related 4 Free 5 Chows down 29 TV's "Warrion

6 Anti-aircraft fire 7 Dress (up) 8 Boils

48

9 Exciting experience

10 Radiator output 11 Wintour or Quindlen

16 Fourth O.T. bk. 20 Owns

21 Biyouac 22 Taletelle

23 Plug 24 Lummox

26 Angry 27 Sailor's assent

Princess" 31 Part of a spar

34 Chart format 35 "Summer Nights"

49

musical 37 Disney-owned net-

work 38 Settled down

39 Give up 40 December 24 and 31

41 Privation 44 Payable 45 Male turkey

46 Shade tree

47 Sauce for dim sum

➤ Yesterday's answer



For today's crossword answers and for expanded horoscopes, go to metronews.ca

Sudoku



How to play

TODAY

🌥 Max 1°

Min -5°

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

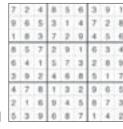
Yesterday's answer ▶

look at the weather

WEDNESDAY

Max 5°

Min -5°



Send a

Show some love! Send a note to somebody special at kiss@metronews.ca

To my most awesome boyfriend Jonathan. You are the best thing that happened to me. I love you more than anything.

LOVE ALWAYS, YOUR NERD :P

Mitch. Since the day I met you I've come to learn what true love means I hope that we spend our lives together with our friends and family happy 2 year. LOVE QUILL

To: chocolate[BAR] Happy Birthday! May you be blessed with all the applesauce and gugenheim you can devour.

LOVE, [MI.A]FORMAT

Amanda, You know your Smart, Pretty, and Petite. I find myself looking at my phone whenever Sexy Back plays, wishing it was your name on the screen. You don't deserve the stress I created. Im sorry. All the best at school today. I miss hearing about your day. RICHARD

Today's horoscope

T Aries March 21-April 20 It's no big deal that different people see things in different ways – not unless you choose to make it a big deal. Don't think of today's clash of opinions as a threat.

¥ Taurus April 21-May 21 Go your own way and do your own

thing and ignore those who disapprove of your desire to be free of restrictions. Quite clearly they are jealous of your ability to come and go as you please.

II Gemini May 22-June 21 Be calm, be confident and be

ready to drop whatever you are working on if a more interesting project presents itself. Devote your time and energy only to what is important to you.

Gancer June 22-July 22

There is nothing you cannot do. No task is too big for you. There will, of course, be those who say you are biting off anything, you have been too restrained of late.

Ω Leo July 23-Aug.23 If you everyday routine now is the time to get serious about them. So get started and be-

TV Virgo Aug. 24- Sept. 22 Don't tie yourself down to one location or one group of people today because you will quickly get bored. Get out and about

more than you can chew but, if

need to make changes to your fore you know it your work will be done.

and meet new people and explore new experiences.

← Libra Sept. 23-Oct. 23 If you find yourself thinking about the past it is probably because there are still issues that have not been resolved. You won't be able to move on from those thoughts until you deal with those issues once and for all.

M Scorpio Oct. 24-Nov. 22

Don't waste time and energy on things that bore you. No one can force you to conform, so go your own way and do your own thing.

Nov. 23-Dec. 21 No matter how difficult a task may look you can make a success of it. The only thing that is holding you back from trying is self-doubt, but that will disappear the moment you start to take action.

り Capricorn Dec. 22-Jan. 20

Now is the time to pursue whatever it is that inspires you. There really is nothing you cannot achieve at the moment, so aim high.

Aquarius Jan. 21-Feb. 18

You will meet someone today who can help you realize your ambitions but they will, of course, want something from you in return. Whatever the price it's worth it.

H Pisces Feb. 19-March 20 You won't lack for confidence today but not everyone will share your positive attitude. Some people, it seems, get their kicks from negative thoughts and if you spend too much time with them you'll get grumpy too. SALLY BROMPTON

Caption contest

THURSDAY

Max 6°

Min -5°



Andrew Schultz,

Meteorologist
"I get to spread the word

on how your day, evening or weekend will shape up with

our ever-changing weather here in Alberta". WEEKDAYS 6AM

You WIN! write it! Write a funny cap

tion for the image to the right and send it to play@metronews.ca the winning caption will be published in tomorrow's





 Power Polish **Complete Auto Detailing**

> FROM \$39.95 **Dealers Welcome**

4020 15A St SE • 403-261-3696

NEIGHBORLY²



SALES LAUNCH COMING THIS FALL Register at EvanstonSquare.com or Contact us at: 403.452.3620





ADMITTING YOU WANT **TO WIN PRIZES & GET GREAT DISCOUNTS** IS THE FIRST STEP.

> JOIN CLUB METRO TODAY! **CLUBMETRO.COM**



AIR CANADA 🏶 VACATIONS Deals of the

CUBA

Varadero Barceló Solymar • 4 ★

All-Inclusive • Supersaver rm. Oct. 31 - Dec. 12 • 1 wk.

Sirenis La Salina Varadero Beach Resort • 4★

All-Inclusive Standard rm. Dec 19 • 1 wk

Santa Clara Meliá Las Dunas • 4 1/2 ★

All-Inclusive • Standard rm. Dec. 25 • 1 wk.

PRIVILEGES \$1659

+Taxes & other fees (including service charges): \$228

MEXICO

Los Cabos

Hola Grand Faro Los Cabos Luxury • 4★

All-Inclusive Deluxe partial oceanview rm. Jan. 8 & 22 • 1 wk.

\$1039 +Taxes & other fees (including service charges): \$284

MEXICO

Puerto Vallarta/ Riviera Nayarit

Canto del Sol Plaza Vallarta • 3 1/2 ★

All-Inclusive • Standard rm.

\$749 +Taxes & other fees (including service charges): \$284

Ixtapa/Zihuatanejo Barceló Ixtapa Beach Resort • 4★

All-Inclusive • Superior rm. Jan. 8. 22 & 29 • 1 wk.

+Taxes & other fees (including service charges): \$282

Cancun/Riviera Maya Gran Bahia Principe Coba • 5 ★

All-Inclusive Junior suite Jan. 9 • 1 wk.

+Taxes & other fees (including service charges): \$289

Gran Bahia Principe Tulum • 5 ★

All-Inclusive Standard rm. Jan. 9 • 1 wk.

+Taxes & other fees (including service charges): \$289

DOMINICAN REPUBLIC

Samana via Toronto Gran Bahia Principe El Portillo • 4 1/2 ★

All-Inclusive • Standard rm. Nov. 7 - Dec. 12 • 1 wk

PRIVILEGES

Punta Cana via Toronto Occidental Grand Punta Cana • 4★

All-Inclusive • Junior suite Nov. 28 • 1 wk.

+Taxes & other fees (including service charges): \$324

JAMAICA

Sunset Jamaica Grande Resort & Spa • 4★

All-Inclusive Exclusive, renovated standard rm. Dec. 20 • 1 wk. FREE upgrade

+Taxes & other fees (including service charges): \$281

Gran Bahia Principe Jamaica • 4 1/2 ★

to oceanfront rm.

All-Inclusive • Junior suite Dec. 20 • 1 wk.



PRIVILEGES

USA

Las Vegas

Excalibur Hotel & Casino • 3 1/2 ★

Hotel rm. Nov. 14-16 • 3 nts. (including service charges); \$15

CRUISE

Celebrity Cruises¹ Celebrity SummitSM

Southern Caribbean Cruise Flight to San Juan via Toronto Oceanview stateroom, cat. 7 Jan. 8 & 15 • 1 wk.

(including service charges): \$295

CONNECT FREE² • Edmonton • Lethbridge • Nanaimo • Regina • Saskatoon • Kelowna • Kamloops





Rewarding Life Earn up to 5,900 Aeroplan® Miles per member



Fly in style - Upgrade to Executive Class® service or Comfort Plus seating on select flights

rcanadavacations.com Call 1 866 529-2079 or your travel agent

All travellers, foreign and Cubans living abroad, must have a medical insurance policy when travelling to Cuba. Departure taxes are extra and must be paid locally; Costa Rica, 26 USD cash; Cuba, 25 CUC cash. Prices in this ad are in Canadian dollars and are valid for bookings made between Oct. 26 & 30, 2010, inclusive. Prices are per person based on double occupancy, unless otherwise stated, from Calgary International Airport. Air & Hotel packages to the Caribbean, Cuba. Costa Rica and Mexico include return flight, the hotel as described and transfers at destination. Air & Cruise vacations include return flight and hotel as described. New bookings only, for dates shown only. Non-refundable. Limited quantity, Subject to availability at time of booking, Not applicable to group bookings. Sale prices reflect applicable reductions, are subject to change without notice and cannot be combined with any other offer or promotion. Further information available from a travel early, and are per Aeroplan Miles indicated are based on counting consult wavaeroplan.com.

Every promotion of the Caribbean Cubar of the Aeroplan Miles indicated are based on counting the company of the Aeroplan Miles indicated are based on counting to the amount of Aeroplan Miles indicated are based on counting to the Aeroplan Miles of the Aeroplan Miles indicated are based on counting to the Aeroplan Miles of the Aeroplan Caribbean Cubar of the Aeroplan Miles of Aeroplan Miles of the Aeroplan Miles of Aeroplan Miles of Aeroplan Miles of Aeroplan Miles of Aeroplan is a registered trademark of Aeroplan is a registered



JOY ACCEPTS NOTHING LESS THAN EVERYTHING.

Everything you want is in the new BMW 323i Luxury Edition. We've taken our legendary BMW 3 Series and included a host of our most popular and luxurious features. With automatic transmission, glass sunroof, electric seats, BMW Assist with Bluetooth technology and more, the BMW you've always dreamed of is closer than you think. But hurry-with over \$3,500 in savings, luxury like this won't last.

THE 2011 BMW 323i LUXURY EDITION.

Automatic Transmission, Glass Sunroof, Electric Seats, BMW Assist with Bluetooth Technology, USB Audio Integration, 17" Double Spoke alloy wheels \$3,500 IN SAVINGS†